

## ABSTRACT

A cylinder head gasket comprising a gasket plate for an engine in which at least one first coolant cavity is formed in the engine block adjacent to the cylinder head gasket, with the gasket plate comprising coolant passage openings via which the first coolant cavity is connectable to at least one second coolant cavity formed in the cylinder head of the engine; for improved cooling of the engine the cylinder head gasket comprises at least one flow conducting element for the coolant protruding from the gasket plate, the at least one flow conducting element being of such configuration and being joined to a coolant passage opening of the gasket plate in such a way that the flow conducting element forms a flow path with the coolant passage opening and is designed so as to engage in at least one of the first and second coolant cavities and to generate a directed flow of coolant at the outlet end of the flow path.